

---

## *Preliminary Schedule*

### 31. July

- 12noon - Arrive in Assisi by 12 noon. Settle in to accommodation.
- 1:00-2:30pm: Lunch & Introductions
- 3:00-4:00pm Tour of Basilica of St. Francis
- 4:00-5:00pm Meditate in the Basilica
- 7:00 Dinner in Assisi
- 9:00-10:00 Meditate

### 1<sup>st</sup> August

- 7:00-8:00am Meditation on own in the Basilica of St. Clare
- 8:00-9:30am Breakfast
- 10:00-11:00 Visit Eremo delle Carceri (the Hermitage)
- 11:00-12noon Meditate in the Forest
- 12:30-2:00pm Lunch & Pack
- 2:30pm Travel to Casa della Pace
- 6:30pm Dinner
- 8:00pm Introduction to the Retreat & Meditation Together (beginning of silence)

### 2<sup>nd</sup> – 6<sup>th</sup> August

The daily retreat schedule will basically follow this plan. The sessions marked with \* (an asterisk) are expected of all retreat participants. The remaining sessions are optional. The retreat is held in silence—silence is maintained at meals, in rooms, and on walks.

In addition to yoga and walks together in the surrounding countryside, we will be engaging in four forms of spiritual practice: meditation, reading sacred texts, Lectio Divina (a form of reading and shared contemplation), and emergent dialogue.

- \*6:00-6:45am Yoga
- \*7:00-8:00am Meditation
- 8:00-8:45am BREAKFAST
  
- \*9:00-10:00am Reading & Meditation
- 10:15am-11:15am Meditation

- 11:30am-12:30pm Reading & Meditation
- 12:30-1:30pm LUNCH
- \*1:45-2:45 Walk in the Umbrian Hills
  
- \*3:00am-4:00am Reading & Meditation
- 4:15am-5:15am Meditation
- \*5:30am-6:30pm Reading & Meditation, Lectio Divina, or emergent dialogue
  
- 7:00-8:00pm DINNER
  
- \*9:00pm-10:00pm Meditation
- 10:15pm-11:15pm Meditation
- 11:30pm-12:30am Meditation

### 7<sup>th</sup> August

- \*6:00-6:45am Yoga
- \*7:00-8:00am Meditation
- 8:00-8:45am BREAKFAST
  
- \*9:00-10:00am Meditation
- \*10:15am-11:15am Closing Dialogue
  
- 12:30pm FINAL LUNCH